

ABSTRACT

A computer workstation includes a worksurface moveable a first distance between first and second worksurface positions and a monitor support coupled to the worksurface. At least one of the worksurface and the monitor support is automatically moveable in response to a movement of the other of the worksurface and the monitor support. The monitor support is moveable a second distance between first and second monitor positions as the worksurface is moved the first distance between the first and second worksurface positions, wherein the second distance is greater than the first distance. A method of adjusting the position of a monitor support on a computer workstation is also provided.